USCDornsife
Dana and David Dornsife
College of Letters, Arts and Sciences

PHED 102A – Weight Training

Instructor: Sarah Hayes McGill, C.S.C.S
Office: PED 107 – by appointment
Email: sarahhay@usc.edu
Phone: 213-740-6153

Class Meeting Location: LYON CENTER – Cardinal Room (PED 210 on FIRST DAY of classes)

Course Description:

An introductory course designed to help each student: improve muscular strength; gain knowledge and understanding of weight training theory and practice; develop a personalized weight training program.

Course Objectives:

1. To understand basic anatomy and application of exercise physiology.
2. To gain fundamental knowledge of physiological principles: strength training benefits, strength training effects, strength training principles.
3. To develop an individualized program based upon student goals: emphasizing either muscular strength, muscular size, muscular endurance, muscular flexibility or a combination of any of these.

Physical Education Program Objectives:

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- Understand anatomy, basic biomechanical principles and terminology.
- Determine factors involved with development, fitness levels and training strategies.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Understand and utilize various training methods.
- Assess individual levels of fitness components.
- Identify common health and fitness myths along with trends involved with the evolving nature of physical education.

Course Materials:

Weight training manual provided for each student on **Blackboard**: http://blackboard.usc.edu
Class will always meet in the Cardinal Room of the Lyons Center before entering the weight room. Student ID's are required to enter the building. Please dress appropriately to exercise (gym clothes and athletic shoes), bring water, notebook and pen/pencil.

To improve your physical fitness requires regular participation in class activities. Arriving late and leaving class early will affect the participation portion of the grade. In case of absence, you will be held accountable for all work missed.

USC Physical Education IS NOT responsible or any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and the Lyons Center.

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the exception that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. S Campus, the Student Guidebook, (www.usc.edu/scampus or http://scampus.usc.edu) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Students requesting **academic accommodations** based on a disability are required to register with Disability Service and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am - 5:00 pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

Statement on Academic Conduct and Support Systems

Academic Conduct:
Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Part B, Section 11, "Behavior Violating University Standards" policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, http://policy.usc.edu/scientific-misconduct.

Support Systems:
Student Counseling Services (SCS) – (213) 740-7711 *– 24/7 on call*
Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255
Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 *– 24/7 on call*
Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center
For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086
Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support
Incidents of bias, hate crimes and micro aggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs
Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710
Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC
Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information
Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 *– 24-hour emergency or to report a crime.*
Provides overall safety to USC community. dps.usc.edu

Evaluation Criteria:

Cognitive: 50%	Muscle Group Quiz – 5% Nutrition Quiz – 5% Midterm – 15% Final Exam – 25%
Psychomotor: 50%	Final Project – 20% - Nutrition Journal & Analysis Participation – 30% - Attend, arrive on time, and participate in individual routine for entire class period.

Course Content and Schedule:

1. Weight Training Technique; Safety and Etiquette
2. Designing a Weight Training Program, based upon goals
3. Stretching and Flexibility
4. Muscular Structure and Function
5. Myths and Common Questions and Muscle Group Quiz
6. Free Weights vs. Machines
7. Finalize Individual Routines and Mid-term Review
8. **Midterm Exam – assigned on Blackboard - 2nd class meeting of the week**
9. Free Weight Variations: Leg, Back, Chest, Shoulder, Arm Exercises
10. Nutrition and Nutrition Journal & Analysis Assigned
11. Nutrition and Nutrition Quiz
12. Advanced Weight Training
13. Measuring Progress and Problem Solving / Nutrition Journal & Analysis Assignment Due
14. Final Exam Review
15. **Final Exam – assigned on Blackboard last day of class. Final is comprehensive.**

IMPORTANT DATES:

3rd week (Friday)	Last day to add / Last day to drop without a mark of "W" and receive a refund.
7th week (Friday)	Last day to withdraw without a "W" on transcript or change pass/no pass to letter grade.
8th week	**Midterm Exam – on Blackboard.**
12th week (Friday)	Last day to drop with a mark of "W" on permanent record.
15th week	**Final Exam – on Blackboard on the last day of class.**